

Khwaja Moinuddin Chishti Language University, Lucknow

Chandra Shekhar Azad Vyayamshala (Gymnasium)



Summary:

The **Chandra Shekhar Azad Vyayamshala (Gymnasium)** at Khwaja Moinuddin Chishti Language University, Lucknow, is a premier facility dedicated to promoting health and wellness among students and faculty. Equipped with a comprehensive range of modern exercise equipment, the gymnasium provides a conducive environment for individuals to achieve their fitness goals. This report outlines the **facilities available** at the gymnasium, supported by detailed descriptions and visual aids.

Introduction:

The Chandra Shekhar Azad Vyayamshala is an integral part of Khwaja Moinuddin Chishti Language University's commitment to holistic student development. Located within the university premises, the gymnasium serves as a hub for physical fitness activities, fostering a culture of health consciousness and well-being.

Facilities Overview:

The gymnasium offers a diverse range of exercise equipment to cater to various fitness needs and preferences. The following table provides an overview of the facilities available:

Equipment	Description
1. Treadmill	Cardio machine for walking or running
2. Cross Trainer	Full-body workout machine
3. Spin Bike	Indoor cycling machine
4. Recumbent Bike	Low-impact cycling machine
5. Chest Press	Strength training for chest muscles
6. Lat Pull Down/Rowing	Back and arm strengthening machine
7. Leg Extension/Curl	Targeting leg muscles
8. Biceps and Triceps Station	Arm strengthening machine
9. Press Arm Station	Compound exercise machine for chest, shoulders, and triceps
10. Smith Machine	Versatile strength training equipment
11. Cross Cable Machine	Multifunctional cable machine
12. Olympic Bar	Standard weightlifting bar
13. Flat Bench	Bench for various exercises
14. Decline Bench Press	Bench for decline bench presses
15. Incline Bench Press	Bench for incline bench presses
16. Dumbbells & Weights	Assorted dumbbells and weight plates
17. Rack for Dumbbells	Storage rack for dumbbells
18. Barbells	Weightlifting bars
19. Ab Crunch Machine	Core strengthening equipment
20. Vibro Machine	Vibration platform for exercise

Table 1.1: Table of Equipment



1.1 Treadmill for Cardiovascular Exercises



1.2 Cross Trainer for Cardiovascular Exercises



1.3 Spin Bike for Cardiovascular Exercises



1.4 Recumbent Bike for Cardiovascular Exercises



1.5 Chest Press



1.6 Lat Pull Down/Rowing Machine for Strength Training Exercises



1.7 Leg Extension/Curl Machine for Strength Training Exercises



1.8 Biceps and Triceps Station for Strength Training Exercises of Upper Arm



1.9 Press Arm Station for Strength Training Exercises of Upper Body



1.10

Smith Machine for Strength Training Exercises



1.11 Cross Cable Machine for Strength Training Exercises



1.12 Olympic Bar for Strength Training Exercises



1.13 **Flat Bench**



1.14 Incline Bench Press for Strength Training Exercises of Upper Chest



1.15 Decline Bench Press for Strength Training Exercises of Chest



1.16

Dumbbells and Weights



1.17 Rack for Dumbbells



1.18 Barbells



1.19 Ab Crunch Machine for Abdominal Muscles



1.20 Vibro Machine for Relaxation



Cardiovascular Exercises Section



Strength Training Exercises Section

2. Facility Overview: Indoor Badminton Court, Table Tennis, Carom, Chess and Changing Room. Washrooms for Boys and Girls.



Badminton facility for girls in Gymnasium



Badminton facility for boys in Gymnasium



Table Tennis facility for boys in Gymnasium



Table Tennis facility for girls in Gymnasium



Chess Facility in Gymnasium

3. Operating Hours: Opening Time: 10:00 am, Closing Time: 05:00 pm, Sunday and Holidays: Closed
4. Fitness Programs and Classes: Aerobics Training Programs, Strength Training Program, Martial Art Training (Especially for females) Yogasana Practice Sessions and Classes offered at Gymnasium throughout the year/session by Mohammad Sharique, Subject In-charge: Department of Physical Education and Dr. Hasan Mehdi, Assistant Professor (Temporarily) Department of Physical Education, KMC Language University, Lucknow.
Registration Procedure: Through the notification by the department of physical education.



Aerobics Training Program



Strength Training Program



Strength Training Program



Strength Training Program



Martial Art Training Program



Yogasana Practice Sessions and Classes



Yogasana Practice Sessions and Classes

5. Safety Measures: Fire Fighting measures, First Aid Box, Demonstration and Guidelines regarding exercise, physical activities and equipments maintenance given by the instructors. Equipments and Machines are serviced from time to time.
Sanitation Procedures: Wiping down the equipments/Machines before and after use. Equipments/Machines are consistently disinfested. Students are instructed to sanitize their hands before the commencement of workout.
Staff Availability: Mohammad Sharique, Assistant Professor: D/o Physical Education
Dr. Hasan Mehdi: Assistant Professor (Temporarily): D/o Physical Education
Mr. Lala Kumar Yadav: Attendant
6. Hygiene Facilities: Daily cleaning tasks including wiping down gym equipments, cleaning washrooms, changing rooms, vacuuming and mopping floors, and emptying trash bins. Students and university staff are instructed to wear sports uniform along with towel.
7. Accessibility: NA

Conclusion:

The Chandra Shekhar Azad Vyayamshala plays a pivotal role in promoting physical fitness and well-being within Khwaja Moinuddin Chishti Language University, Lucknow. With its modern infrastructure and extensive range of equipment, the gymnasium provides students and faculty with ample opportunities to prioritize their health and fitness goals. Moving forward, continued investment and support for the gymnasium will ensure that it remains a cornerstone of the university's commitment to holistic student development.